

#

#

Benefits of Family Planning...

Having children when you want them

*Being able to prepare financially for
your children*

Being healthier during pregnancy

*Having sex without worrying about an
unwanted pregnancy*

*Making your own decisions about birth
control*

#

#

THE CHOICE IS YOURS#

Please contact your local county health
department for family planning services.

#

#

FAMILY PLANNING



#

#

#

It's More Than You Think...#



Department of Health Authorization No. 343590
No. of Copies - 200,000. This public
document was promulgated at a cost of \$.03 per
copy. 4/04 DH-0118

BIRTH CONTROL METHODS

Abstinence — Refraining from sexual intercourse. No health risks. There are moral benefits of abstinence until marriage. **(100% effective)**

Condoms (rubbers) — A thin sheath of latex rubber that fits over the penis. Prevents sperm from getting inside the woman's vagina. Helps protect both partners from sexually transmitted diseases. No health risks. Some people experience irritation from the latex. More effective if used with a spermicide. **(90% effective)**

Contraceptive Patch — A new form of contraception. An adhesive patch that contains the same hormones as birth control pills is worn on the body for one week at a time. Three patches are used per month. **(99% effective)**

Diaphragm (with spermicide) — A small round rubber cup which is placed in the vagina over the cervix. Must be used with a spermicidal jelly or cream. Keeps sperm from entering the uterus. No health risks if used correctly. Some people experience irritation from the latex. **(80 – 85% effective when used with spermicide)**

Injectables — A contraceptive shot called Depo-Provera is given once every 3 months. May cause changes in menstrual flow. **(97 – 99% effective)**

IUD (intrauterine device) — A small plastic device, covered with copper or a hormonal agent, which is inserted inside the uterus. Effective for 5 or 10 years, depending on the type. May increase risk of pelvic infection or tubal pregnancy. Not generally recommended for teens or women with more than one sexual partner. **(99% effective)**

Natural Family Planning — Avoiding sexual intercourse during the fertile days in a woman's cycle. Requires instruction from a health professional to determine the days of fertility. **(less than 80% effective)**

Pills — Birth control pills contain hormones that work by preventing the release of an egg from the ovary each month. Must be taken daily. **(97 – 99% effective)**

Spermicidal Films, Foams, Creams, Suppositories, and Jellies — Chemicals which kill sperm and come in different forms. Placed in the vagina just before intercourse. No health risks. Some people may experience irritation from the spermicide. **(79% effective, more if used with a condom)**

Sterilization — Permanent method available to men and women who are absolutely sure they do not want children in the future. The male procedure is called a vasectomy and involves cutting and tying the tubes that carry sperm. The female procedure is called tubal ligation and involves cutting and tying the fallopian tubes. Both of the procedures are **nearly 100% effective**.

Vaginal Contraceptive Ring — A small ring that contains hormones is placed in the vagina to prevent the release of an egg from the ovary. A ring is worn for three weeks at a time. **(99% effective)**

Family planning services are **confidential** and include:

MEDICAL SERVICES:

- ❖ physical exams
- ❖ cervical cancer screening
- ❖ breast cancer screening
- ❖ STD testing and treatment
- ❖ hypertension screening
- ❖ anemia screening
- ❖ pregnancy testing
- ❖ contraceptive methods
- ❖ sterilization

EDUCATION AND COUNSELING:

- ❖ reproductive and preventive health
- ❖ self breast/testicular examination
- ❖ contraceptive methods
- ❖ STD/HIV risks
- ❖ Infertility

EMERGENCY CONTRACEPTION

REFERRAL AND LINKAGES WITH COMMUNITY RESOURCES

No one is refused services because of the inability to pay

WHICH IS RIGHT FOR YOU?

